

WIC WORKS FOR FOSTER CHILDREN!

- Kids enrolled in WIC have better vocabularies when they reach 4 and 5 years of age.
- WIC has a major impact on reducing anemia in children.
- WIC participation leads to high rates of immunization.
- WIC significantly improves children's diets and intake of important vitamins and nutrients like iron, vitamin C, protein, niacin and vitamin B6.




1-800-WIC-1007
www.mass.gov/wic

To find out about WIC,
call **1-800-WIC-1007** or a program near you.

Boston area

Blue Hill Corridor	(617) 822-5584
Brighton/Roslindale	(617) 789-2439
Cambridge/Somerville	(617) 666-5059
Chelsea/Revere	(617) 887-4340
Dorchester North	(617) 825-8994
Dorchester South	(617) 825-0805
East Boston	(617) 568-6400 x0
Jamaica Plain	(617) 522-4700 x6253
Roxbury	(617) 989-3055
South Boston	(617) 464-5850
South Cove	(617) 521-6777
South End	(617) 425-2070

Cape

Cape Cod	(800) 942-2445
Outer Cape	(800) 675-1188
Plymouth	(508) 747-4933

Central

Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272 x1
South Central	(508) 765-0139
Worcester	(508) 860-7744

Northeast

Lawrence	(978) 681-4960
Lowell	(978) 454-6397
Lynn	(781) 599-7290
Malden/Everett	(781) 338-7578
Northern Essex	(978) 374-2191

Southeast

Brockton	(508) 588-8241
Fall River	(508) 679-9349
New Bedford	(508) 997-1500
Quincy	(617) 376-4190
Taunton/Attleboro	(508) 823-6346

Western

Berkshire North	(413) 445-9429
Berkshire South	(413) 528-0457
Franklin/No. Quabbin	(413) 376-1160
Hampshire County	(413) 584-3591
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 693-1029

WIC Nutrition Program • 1-800-WIC-1007
Nutrition Division • MA Department of Public Health • TDD/TTY: 617-624-5992

The USDA is an equal opportunity provider and employer.



Foster Children and WIC



8/04, #271-E


WIC
 GOOD FOOD
 and
 A WHOLE LOT MORE

WHAT IS WIC?

WIC is a free — and friendly — health and nutrition program that provides healthy foods and nutrition information to keep children under age five healthy. WIC is also available to pregnant and breastfeeding women.

All foster children under age five are automatically eligible for WIC.

WHAT CAN WIC OFFER ME AS A FOSTER PARENT?

As a foster parent, you have a unique opportunity to help your foster child develop the skills and resources necessary to lead a healthy life. Good nutrition is essential to good health.

WIC offers you and your foster child nutrition education, tips on healthy eating, and free nutritious foods tailored to your foster child's needs. All foster children under age 5 are automatically eligible for WIC.



WHY IS WIC AND WIC NUTRITION EDUCATION IMPORTANT FOR MY FOSTER CHILD?

Like good communication and problem solving skills, healthy eating is an important skill that helps children grow and prevents them from developing health problems later in life.

Since eating habits are established very early in life, it is important to teach good nutrition as early as possible. WIC can help your foster child learn about nutrition and how to eat right — from birth to age five.

WHAT ELSE DOES WIC OFFER?

WIC offers more than nutrition counseling and free healthy foods. WIC also provides:

- Immunization screening and referrals
- Tips on food shopping, recipes, and taking care of babies and children
- Referrals to doctors, health centers and clinics, dentists and programs like Head Start, Early Intervention, and child care

HOW CAN I ENROLL MY FOSTER CHILD IN WIC?

It's easy! Call the WIC office in your community to set up an appointment (see back for phone numbers) or call 1-800-WIC-1007. Many WIC offices are open in the evenings and on Saturdays so you do not have to miss work.

You will need to bring these items with you to your appointment:

- MassHealth card or DSS statement of foster care payments
- DSS document showing foster care status
- Proof of Massachusetts residence – or something that shows your foster child's current address

- Your foster child or a completed WIC Medical Referral Form (when you call to make an appointment, ask for more details)

HOW DOES WIC WORK?

At your appointment, a WIC nutritionist will talk with you about your foster child's health history and diet to identify nutrition and/or medical needs. WIC will provide you with nutrition counseling tailored to meet the needs of your foster child and checks to buy healthy foods such as:

- milk
- eggs
- cereal
- fruit juice
- cheese
- infant formula
- peanut butter
- dried beans/peas



WIC checks are easy to use and are redeemable at over 900 grocery stores and pharmacies statewide. All WIC services are confidential and free of charge.

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